Why are these women *laughing?*

Meet the braless brigade, metroLIFE

GIANT PANDA OFF THE ENDANGERED LIST

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Toronto metro

Your essential daily news | TUESDAY, SEPTEMBER 6, 2016 | High 32°C/Low 22°C Hot and sunny

WELCOME BACK

With 200,000 students returning to Toronto universities, we look at:

Must-have items from home metroNEWS

The grieving parents they left metroLIFE

Warsame Mohamed, who plays for the Ryerson Rams basketball team, helps students move into their dorms.

TORSTAR NEWS SERVICE

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metro NEWS

Your essential daily news

Apple's new iPhone 7 could see the end of the headphone port. **Business**

Humans of Toronto by K. Omar

There are people that put all these hierarchies in place: You have to be in business or you have to have a million dollars; education is important, it gets you a career. And that's great. But a career doesn't make you a person and a million dollars doesn't give you a personality. That's the message that I am trying to give to the community as a whole. There's much more.

Humans of Toronto is K. Omar's social photography project aimed at photographing and talking to people in the city. Selections from her work feature weekly in Metro. See more at Humans of Toronto on Instagram.

DNA testing puts 'who' to the doo

CONDO LIVING

Service allows management to track down scoop skippers

Steven Goetz
For Metro | Toronto

With no witnesses and few leads, the hapless detective is left shaking their head and covering their nose at the scene of this common crime: dog poop left on the street, in our parks and, increasingly, in our hallways and stairwells.

Fortunately, a new service in Toronto promises to track down scooping scofflaws and make them pay.

Poo Prints Canada has just launched in the city, offering its doggy DNA registry and poop-testing service to condo boards and property managers.

President Garry Bradamore says he got the idea last year when he started walking his girlfriend's dog outside his Fort York condo.

"There was dog waste everywhere," he said. "It was pure disgust. It was upsetting to see people were not being responsible for their pets."

Bradamore reached out to property management in his and other buildings in the neighbourhood to see if anything was being done. What he mostly heard were horror stories.

"In Liberty Village, Fort York and Queen's Quay, they're telling me they find it in the stairwells, hallways and parking garages," he said. "People are throwing it off the balconies."

Garry Bradamore, president of PooPrints, and Winston, his girlfriend's Morkie, in June Callwood Park. STEVEN GOETZ/FOR METRO

> **People are throwing it off the balconies.**
> Garry Bradamore

So Bradamore started his investigation into what could be done. Waste-bag stations were well-intentioned, he said, but often empty. Dog bans are too extreme, he said.

Enter Poo Prints and its registry and test kits, currently being used in 1,800 condo complexes in the U.S.

For a fee of $50 per animal, the company will facilitate a mouth swab of all dogs in a building to be sent for testing and registration. Property management can then send any poop they discover to the lab, where its source can be identified. From there, fines can be issued to cover the cost of cleanup, which Bradamore said could be as high as $300.

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City might only have cash for one new park

GREEN SPACE

Price more than expected for land over rail corridor

To build one large park dream, the city may have to sacrifice another.

The calculation over how to inject significant green space into the booming downtown core returns next week as the summer break draws to a close.

While the announcement of a new 21-acre park decked over the rail corridor was met with much fanfare earlier this season, the cost of building it is still an unknown.

Meanwhile, Coun. Joe Cressy, who represents the area of downtown that includes that land, had been pushing to build a new park on a much smaller scale — 0.65 acres — by expropriating a parking lot on Richmond near John Street.

But ahead of a government management committee meeting Tuesday, Cressy says a recent appraisal has put the cost of acquiring that parcel higher than hoped. That would require dipping into a citywide reserve fund dedicated to parkland, something that could bring pushback from other councillors.

Now Cressy says the rail deck park could take priority.

"This part of downtown Toronto needs a park and we're going to get it," the Ward 20 (Trinity-Spadina) councillor said Friday. "In an ideal world, we'd do both."

The cost of the Richmond Street land is being kept confidential ahead of a council decision on whether to acquire it.

Cressy wants staff to report back on funding options for the space in line with plans for the rail deck park, to allow council to make a choice, if necessary.

A proposed 21-acre park over the rail corridor from Bathurst Street to Blue Jays Way could take priority over a second, smaller scale park on Richmond Street because of the higher-than-expected cost of acquiring land for the latter project. CONTRIBUTED

> This part of downtown Toronto needs a park and we're going to get it. In an ideal world, we'd do both.
>
> Joe Cressy

There are ward-specific funds, district funds (including for the downtown core or "south" district), and a city-wide fund that can only be used for acquiring lands for and developing new parks.

Developers pay into the funds in exchange for being allowed to build over the height and density guidelines set out by the city, a process governed by provincial legislation.

Mayor John Tory has backed early plans for a rail deck park as a legacy project despite few details being available on logistics and costs.

He appears willing to push for the investment of citywide funds in that project, with staff saying it will be a landmark destination.

Staff will be reporting to executive committee later this month on the funding options for the rail deck park.

Until then, securing both parkland sites in the park-deficient core remains a financial question mark.

"There currently are not enough funds in city cash-in-lieu of parkland reserves to fund all needs," staff wrote in a report ahead of the upcoming government management committee meeting.

But as the value of land downtown continues to rise, staff said the city is hard-pressed to make a decision soon.

"At what point does it become prohibitively too expensive to purchase land for parkland purposes?" the report reads.

Cressy said council must ask: "What is the best value for money?" TORSTAR NEWS SERVICE

A confrontation between bike courier Baldeep Cheema and a Toronto taxi driver was caught on video last month. YOUTUBE

COLLISION

Cyclist and driver charged with assault

Luke Simcoe
Metro | Toronto

A Toronto cyclist who was run off the road by a taxi driver last month has been charged with assault in connection to the collision.

Baldeep Cheema was working as a bicycle courier for food delivery service Favor on Aug. 18, when police say he got into an altercation with a cab driver on Bay Street. As he neared St. Mary Street, Cheema was struck by the taxi, crashing to the curb and suffering minor injuries.

Video of the incident went viral after it was uploaded to YouTube the following week.

After an investigation, police charged the taxi driver, 57-year-old Ali Farkhondehfall, with dangerous operation of a motor vehicle and assault with a weapon. However, on Sunday, police announced Cheema, 31, was also being charged, for allegedly reaching inside the taxi and assaulting the driver prior to the collision.

The video clip shows Cheema reaching out and touching the cab moments before it swerves to hit him. However, he is on the passenger side of the vehicle and the window is rolled up.

Police did not mention whether Cheema's alleged assault was caught on film.

Before he was identified by police, Cheema went public with a GoFundMe page asking for help covering "legal costs and bike repair costs."

"I've got 5 children to support. This is making it very difficult to support them," the page reads.

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METRO ASKS THE CITY'S POST-SECONDARY STUDENTS:

What piece of home did you bring with you?

STEVEN GOETZ FOR METRO

"My Magic Bullet for smoothies, guacamole, soups. I use it pretty much every day."
Jessica Patterson, London, Ont.

"My copy of The Wasteland by T.S. Eliot and my CDs."
Marcel Xin, Victoria, B.C.

"My James Joyce books and Swans poster."
Padraic Berting, Derry, New Hampshire

"My pillow. It is actually the oldest pillow. It's so thin and worn down. It's the one."
Taylor Cain, Ottawa, Ont.

"My music on my laptop and my Beats headphones."
Shivani Shanmugadas, Short Hills, New Jersey

"My own chopsticks. I've been using them for over 10 years."
Iori Komori, Tokyo, Japan

"An album of photographs of my family and friends."
Riki Shimada, Yokohama, Japan

"My journals from my trip to France and when I was a kid."
Sam Hild, Baden, Ont.

"My hockey sticks, the only thing I really needed."
Ethan Case, Saint John, N.B.

"Some of my mother's pots and pans, and her seasoning. Reminds me of home."
Joanna Curcio, London, Ont.

"My satin pillowcases my mom hand-stitched for me a month ago."
Zenah Kassab, Cornwall, Ont.

"A necklace my sister gave me for my birthday last year. She is my best friend and leaving her behind is difficult."
Brittany Buhler, Portage, Man.

ALL PHOTOS STEVEN GOETZ/FOR METRO

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EDUCATION

Foreign students get warm welcome

More than 4,000 jetlagged and disoriented international students arriving at Pearson airport have been treated to a friendly face and an encouraging word from their future peers over the past three weeks as part of the International Students Welcome Program.

It was the highest number of students to visit the booth in the history of the program, launched in Toronto five years ago.

"The international students say, 'You saved my life,'" said Danny Kim, 22, the student program coordinator of ISWP. "Some of the students don't even know how to speak English fluently. They get intimidated by the entire atmosphere."

The student welcomers, who speak multiple languages including Cantonese, Arabic, Mandarin, Spanish, Hindi and French, help new arrivals find an on-campus club, a home, or just around the airport.

"The majority of our staff are international students themselves, so they know how it feels to come into a completely new environment seeking help," Kim said. "They try to go out of their way to help a student."

When the program launched in 2011, only GTA-based post-secondary schools were represented. The program has since expanded to include all schools that use Pearson as an arrival point. The University of Toronto has even established its own spin-off Airport Welcome Service to provide information specific to U of T. TORSTAR NEWS SERVICE

Mohammed Alanzi helps student Sunil Kumar upon her arrival from a flight from India. BERNARD WEIL/TORSTAR NEWS SERVICE

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Ruth V, Ontario

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Foster kids lent a hand to graduate

EDUCATION

$1.2M program aims to help youth afford to stay in school

Gilbert Ngabo
Metro | Toronto

Crystal Groves' upbringing is what led her to pursue a criminal justice degree.

Growing up in foster homes in Toronto, she witnessed firsthand how poverty and homelessness can affect children.

"A child in welfare is very similar to being a minority facing disenfranchisement," she said, noting many children lead a rebellious life during and after they leave the foster system.

She can relate.

Her mother lived with mental and health problems, and when Groves was just 11, she and her two sisters went into foster care.

She changed homes dozens of times over the next five years.

Just after she aged out of the system at 16, her mother passed away from kidney failure.

"It was very painful and challenging," she said.

The transition was very bumpy, but after working a series of part-time jobs trying to make ends meet, she's now enrolled at Humber College, pursuing a career in criminal justice and crisis intervention.

Her goal is to one day help foster care children cope with life's challenges.

"I feel like I very well could have been one of those kids in conflict with the law," she said.

Crystal Groves is among more than 300 former foster care youth who will receive scholarships and bursaries from Children's Aid Foundation. STEVEN GOETZ/FOR METRO

Groves' dream of helping other youth is being given a leg up by the Children's Aid Foundation. The organization is investing $1.2 million to help her and 300 other former foster children attend — and afford — post-secondary school.

It's a new effort aimed at breaking the "generation to generation cycle" of the foster care system, said Children's Aid president Valerie McMurtry.

"Only 46 per cent of children in foster care are able to graduate from high school. It's a huge disadvantage," she said.

The foundation estimates it costs former foster youth $130,000 to complete a university degree, while a student living with their parents would spend only $55,000.

"It takes more than money to properly raise these kids, and we are trying to pay it forward and give them support," McMurtry said.

NEGOTIATIONS

Unusual labour peace prevails as students go back to school

This school year may be in a class by itself.

Labour woes plaguing Ontario schools over the past couple of years have calmed as agreements have — finally — been reached with almost all employee groups in boards across the province.

While those deals are three years in duration, they took so long to achieve they are already set to expire next summer.

Despite that tough round of negotiations looming on the horizon, many expect this school year will be one of relative peace.

Toronto's Catholic elementary teachers and the city's public high school teachers reached tentative deals with their respective boards just before the start of the school year, putting an end to threats of ramped-up job action.

"Labour peace provides the context for everybody to get back to what's really important — the relationship of teachers and students in the classroom," said University of Toronto professor Charles Pascal, a former Ontario deputy minister of education.

"From the principal all the way down to the minister of education, everybody else's job is to make sure it is as good as it can be. Labour unrest is a distraction, and with signed contracts it's a signal that it's time to focus on what's important."

TORSTAR NEWS SERVICE

The Breitling Jet Team performs on Day 1 of the Canadian International Air Show in Marilyn Bell Park. The event has been criticized for being traumatic to refugees. TORSTAR NEWS SERVICE FILE

'We take our safety here for granted'

TRAUMA

Filmmaker looks at impact of air show on refugees

Gilbert Ngabo
Metro | Toronto

Filmmaker Maya Bastian
CONTRIBUTED

When loud airplanes took to the downtown skies over the weekend, Maya Bastian took to the Parkdale streets, armed with her camera.

The local filmmaker was on a mission to document real-time reactions from people observing the annual Canadian Air Show, which has recently drawn criticism for being traumatic to new immigrants.

The subjects of her film are former Tamil refugees who experienced aerial bombings in Sri Lanka before coming to Canada. Many of them suffer from post-traumatic stress, Bastian said, and the air show can be triggering.

"I think we take our safety here for granted. Imagine what that entertainment show does to people who were hiding in trenches every day," she said.

With thousands of Syrians and other refugees now calling Toronto home, the air show has come under fire for showing off military aircraft in a way that can be traumatic for those who have lived in war zones.

Some have even called for the event to be cancelled; an online petition asking Mayor John Tory to stop the airshow had nearly 1,000 signatures Monday.

While she doesn't necessarily support calls for the show to be scrapped, Bastian hopes her film will spark a dialogue about the topic. Moving the show outside the city, where fans could travel to watch it, would be a better choice, she said.

"We need to take immigrants and refugees into account," she said, noting some people have suggested for newcomers to move out of town during the show to avoid trauma, a fact she found appalling.

"Refugees don't have that luxury of moving around," said Bastian. "They're the fabric of our communities and we need to recognize that. I don't think we're doing that enough."

SOCIAL MEDIA

Principal under investigation

The York Region District School Board is investigating allegations that an elementary school principal put anti-Muslim posts on her Facebook page.

A spokesman for the board said it was aware of concerns raised by a community member about public postings on a Facebook page under the name Ghada Sadaka. Sadaka is identified as a principal in the York board on the page.

"We take all matters of this nature seriously. After learning of the allegations, the board has begun an investigation," said YRDSB spokesperson Licinio Miguelo.

Ghada Sadaka
FACEBOOK

"This is a personnel matter, and as such details cannot be provided; however, we will conduct a thorough investigation, follow all protocols and policies and take any necessary measures," he said.

Some of the Facebook posts the principal is alleged to have shared and commented on include: videos purportedly showing violent "Muslim takeovers" of Paris and London; articles expressing concerns around bringing refugees to Canada, given their "terrorist sympathies"; and another headlined: "Must see: Dutch mayor tells fellow Muslims they can f— if they don't like freedom."

Sadaka, the new principal at Sir Wilfrid Laurier Public School in Markham, referred all questions to the board's head office when contacted by Torstar News Service Friday. "I appreciate your questions, but for any further information you will have to go through the board office," she said. TORSTAR NEWS SERVICE

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Rap is boy's route to bigger things

ACHIEVEMENT

Awes crowds with blend of science, hip hop

The auditorium was so packed, people stood to watch from the aisles — all of them staring at Xzavier Hansell.

The young teen took his spot centre stage, and a driving beat kicked in through the sound system. Xzavier raised a mic to his mouth — and started rapping:

"Global warming got them animals deranged; it's time to put a stop to all this climate change!"

The place erupted.

"I guess hyped up the crowd a bit," Xzavier, 14, recalled months later.

He was awarded first prize in the Toronto iteration of Science Genius, a hip-hop competition founded in New York City that combines science subject matter with the art of rapping.

"He was so engaged with the science concepts. He had to deeply, deeply understand," explained Xzavier's teacher, Sharla Falodi.

Paris Hansell raised a manicured finger toward her son.

"I want to focus on this one," she said, "because he's going to be rich."

Xzavier has been the vessel of her dreams and affection ever since she found his name in a DMX song while pregnant. When he was born in July 2002, she was a 17-year-old high school dropout living in a Saskatoon foster home. Paris said Xzavier's Cree father, from the Red Pheasant First Nation, was never a significant presence in their lives. But he did bestow an indigenous identity on his son, who moved with his mom as a young boy to Ottawa, where Paris worked as a Reiki spa therapist.

> **Global warming got them animals deranged; it's time to put a stop to all this climate change.**
> Xzavier Hansell

Xzavier was bullied at school. Paris said kids would laugh at his hair, which he wore in a long braid, and make "Indian noises" with their mouths. "It was like racist bullying, hardcore," she said.

The situation prompted her to Google "First Nations School," and she learned the Toronto District School Board has such a facility downtown. They moved here and Xzavier's propensity for musicianship was quickly noted.

Teacher Falodi, 28, took an early career interest in the idea that music — particularly hip hop — can help connect otherwise kids with learning. She entered him in the Science Genius competition. Xzavier went up against high school kids. On stage that day this April at Central Tech high school was a panel of judges including hip-hop luminaries such as Emdin, rapper Rich Kidd and Noah "40" Shabib, Drake's producer.

Xzavier won. After the contest, he was invited to perform at the main Science Genius event in New York and got to see the World Trade Centre site, Times Square and Central Park.

That night at Science Genius, Xzavier performed a capella, and again the crowd loved him. He summed up the whole experience in the manner of a teenage boy. "It was awesome," he said.

TORSTAR NEWS SERVICE

After winning the Science Genius rap battle in Toronto, Xzavier Hansell, 14, is hopeful to pursue a career as a rapper. MELISSA RENWICK/TORSTAR NEWS SERVICE

GMC MAVEN

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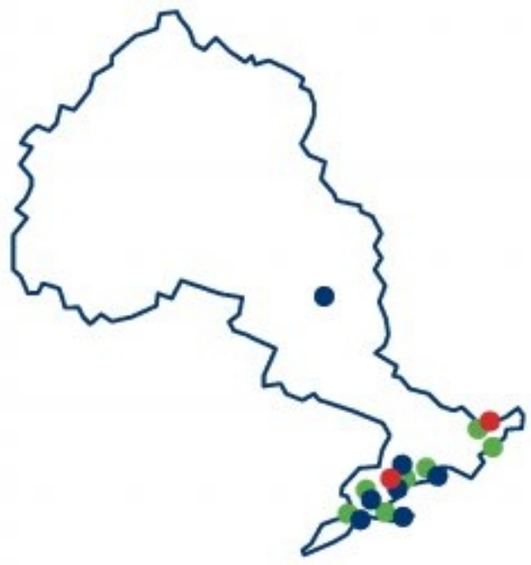

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Error caused 'nightmare': Family

IMMIGRATION

Toronto woman stuck in Moscow may be able to come home

Gilbert Ngabo
Metro | Toronto

Relief could be on the way for a Toronto woman embroiled in an immigration case that has left her stuck in Moscow for the past two months.

Gyulzar Julia Yakobi travelled to Russia for medical treatment in July. Her permanent resident card had expired, and the Canadian embassy refused to offer her a travel document to come back.

But that could change soon, according to information from Immigration, Refugees and Citizenship Canada.

"Should Ms. Yakobi decide to appeal the decision at the IAD, she would be entitled to a travel document to allow her to return to Canada pending the outcome of an appeal," said a spokesperson.

Gyulzar Julia Yakobi, right, with grandson, Elio, and daughters Nargis Hannah and Khadidzha Ada. CONTRIBUTED

The family has already filed an appeal, claiming the whole saga emanated from a math error on behalf of the embassy staff, who claimed Yakobi had been physically present in Canada for only 65 days out of the past five years.

The required minimum time is 730 days out of five years, and the family says she hasn't left Canada since 2013.

Yakobi's daughter Nargis Hannah said they're hopeful the office will realize the mistake and correct it in time before more damage is done.

> **"My mother's life is falling apart. She'll probably lose her job here."**
> Nargis Hannah

"We really do hope there is a quick resolution to this. Ultimately this is Canada and there is fairness in this country," she said.

In the meantime, the family continues to raise money to put their mother up in Moscow and take care of her possessions here in Toronto. But the longer it drags on with no communication from the embassy, the more worried the family becomes.

"My mother's life is falling apart. She'll probably lose her job here, we'll probably have to get rid of her apartment because we can't afford to pay rent in two places," said Hannah.

"It's just absolute insanity. It's a big nightmare for us, and my mom is incredibly stressed."

ASSISTED DYING

Scores line up for legal challenge

Scores of suffering Canadians who've been excluded from the federal government's restrictive eligibility criteria for medical assistance in dying are lining up to join a constitutional challenge to the new law.

The British Columbia Civil Liberties Association, which is spearheading the challenge, has been "overwhelmed" by "scores" of responses to its call for help in the case, says Grace Pastine, the association's director of litigation.

The BCCLA has also been stunned by the response to its crowd-funding campaign to pay for the legal battle, which so far features one plaintiff — Julia Lamb, a wheelchair-bound 25-year-old who suffers from spinal muscular atrophy, a degenerative disease.

Just 10 days after announcing the constitutional challenge in late June, the BCCLA met its goal of raising $75,000.

"It is a testament to how important and deeply personal this issue is to so many Canadians" said Pastine.

THE CANADIAN PRESS

Mansbridge announces retirement

The CBC tweeted late Monday night that Peter Mansbridge has announced that 2016 will be his last year as anchor of the network's The National news program.

THE CANADIAN PRESS

Coast guard talks water safety

The image of hundreds of Americans on inflatable rafts and makeshift platforms bobbing helplessly down the St. Clair River as strong winds pushed them towards the Canadian shore is one Peter Garapick isn't going to forget.

The Canadian Coast Guard superintendent of search and rescue was on the water near Sarnia, Ont., when the festive air of the unsanctioned Port Huron Float Down turned tense as participants realized they were drifting towards a foreign country without their passports, cash or much clothing.

Now, just two weeks after some 1,500 stranded Americans were rescued, corralled and shuttled home, Canadian and U.S. authorities have met to discuss how they'll prepare for next year's event.

"We will engage and start the conversation with people who think they're going to consider this and say, you know, start talking safety," said Garapick.

THE CANADIAN PRESS

People start the Float Down at Lighthouse Beach in Port Huron, Mich. MARK R. RUMMEL/THE TIMES HERALD/THE ASSOCIATED PRESS

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Innovation is key, G20 leaders say

ECONOMY

'Inclusive growth' to spread benefits urged in China

China agreed to co-operate more closely with its trading partners on its politically volatile steel exports as leaders of major economies ended a summit Monday with a forceful endorsement of free trade and a crowded agenda that included the Koreas, Syria and refugees.

In a joint statement, Chinese President Xi Jinping, U.S. President Barack Obama and the leaders of Britain, Japan, Russia and other Group of 20 nations pledged to boost sluggish global growth by promoting innovation.

"The global recovery lacks momentum," Xi told reporters after the meeting. "We need to do more to unlock the potential for medium and long-term growth."

Leaders pose for a group photo during the G20 Summit in Hangzhou, China. GETTY IMAGES

There was no mention of a global stimulus or other joint action, which officials said earlier was unworkable because economic conditions vary widely from country to country.

In an effort to shore up public support for trade, the leaders promised "inclusive growth" to spread the benefits to people who have been left behind by wrenching change. That reflects a recognition that economic strains are fueling political tensions and a growing clamour to raise barriers against foreign competition.

The statement expressed "opposition to protectionism on trade and investment in all its forms."

The governments pledged to avoid devaluing their currencies to boost exports. They called for co-operation to reduce tax avoidance. They appealed for stepped up aid for surging global numbers of refugees and their host countries. THE ASSOCIATED PRESS

TRUDEAU IN CHINA

- Justin Trudeau says there's little risk that protectionist forces seen in the U.S. and Europe will spill over into Canada.
- "I'd be very careful and hesitant to apply situations that might be described in other countries to Canadians," Trudeau said Monday at the end of the Group of 20 summit.

WILDLIFE

Giant panda removed from endangered list

A leading international group has taken the giant panda off its endangered list thanks to decades of conservation efforts, but China's government discounted the move on Monday, saying it did not view the status of the country's beloved symbol as any less serious.

The International Union for Conservation of Nature said in a report released Sunday that the panda is now classified as a "vulnerable" instead of "endangered" species, reflecting its growing numbers in the wild in southern China. It said the wild panda population jumped to 1,864 in 2014 from 1,596 in 2004, the result of work by Chinese agencies to enforce poaching bans and expand forest reserves.

The report warned, however, that although better forest protection has helped increase panda numbers, climate change is predicted to eliminate more than 35 per cent of its natural bamboo habitat in the next 80 years, potentially leading to another decline.

In a statement to The Associated Press, China's State Forestry Administration said Monday that it disputed the classification change because pandas' natural habitats have been splintered by natural and human causes. THE ASSOCIATED PRESS

Decades of conservation work have paid off for the giant panda. AFP/GETTY IMAGES

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Execs hone improv skills

EDUCATION

Role-playing helps students learn to think creatively

Instructor Kevin Frank reacts during an activity at Second City during an improv workshop for business people. TORSTAR NEWS SERVICE

Tiffane Wang is an audit director at the country's largest bank, and manages a team of three people.

After leaving the office one recent Thursday, the RBC employee became someone else. Or more precisely, something else: a cog in a pretend and totally pointless human machine along with five total strangers.

Wang, who graduated from York University with an MBA, is taking "Intro to Improv for Business" at The Second City Training Centre to learn skills that she was never taught in school. Introducing herself to the class, she said she hoped the course would teach her the confidence to move up in the bank. Maybe the lessons would also help her loosen up whenever she's put on the spot.

Once largely the domain of comedic actors, improv is increasingly becoming an accepted way for businesspeople — from students to corner-office executives — to hone interpersonal skills.

Business schools in Canada and the U.S. are taking note. Of eight Canadian business schools canvassed, half said they offered improv lessons as a required or optional course (Waterloo, McGill, UBC and Western). Improv is also taught in some top-tier U.S. business schools, including the Massachusetts Institute of Technology.

Daena Giardella, an actor and organizational team consultant, has given an "improvisational leadership" course at MIT mainly for MBA students and graduate-level university fellows since about 2007. The students role-play scenarios with a business twist.

It's not Saturday Night Live material, but Giardella says these improv students learn to think quickly and creatively.

"It teaches them how to think on their feet, how to use their imagination, to trust their creativity and to feel comfortable with vocalizing their ideas," she said.

The Second City's improv class in Toronto runs $305 for a seven-week course (21 hours total). One instructor, The Second City Training Centre in Toronto artistic director Kevin Frank, studied economics and sold computers for a living before he heard the siren song of improv and joined the troupe more than two decades ago.

The lessons are meant to encourage students to take risks and accept failures.

"It's for any person in business who would like to be an effective communicator, who wants to collaborate with others and come up with creative solutions," he said.

TORSTAR NEWS SERVICE

CABLE

Broadcast regulator examining skinny-basic TV

The national broadcast regulator and the country's four biggest television service providers are in for an earful this week over the rollout earlier this year of so-called skinny-basic TV.

The Canadian Radio-television and Telecommunications Commission will kick off public hearings Wednesday to discuss how the new, trimmed-down $25 packages have been offered to consumers.

Hundreds of complaints were filed with the CRTC and consumer groups in the weeks after the regulator mandated the packages, which came into effect March 1. Many complainants expressed disappointment that the long-awaited arrival of smaller basic TV packages and different channel choices didn't prove to be the deal they'd hoped for.

To the Consumers' Association of Canada, which received about 1,000 complaints in just six weeks, it appeared many cable providers were trying to discourage consumers from switching to the smaller offerings by making them as unattractive as possible, said the group's president, Bruce Cran.

While the packages themselves were mandated to cost $25 or less, that price often excluded routine discounts, such as those offered for bundling two or more services, but included extra fees for necessities such as the rental of a digital TV box.

THE CANADIAN PRESS

TECHNOLOGY

iPhone 7 could lose jack

Apple is expected to unveil the latest iterations of the iPhone at an event in San Francisco on Wednesday, and while only a minor refresh is anticipated, rumours that the devices will lack a headphone port have created a major flashpoint for iPhone devotees.

Steve Wozniak, who co-founded Apple with Steve Jobs, heads a list of commentators calling the presumptive move a bad idea that could trigger a consumer backlash.

"If it's missing the 3.5-millimetre earphone jack, that's going to tick off a lot of people," Wozniak told The Australian Financial Review last week.

Deutsche Bank analysts in their iPhone preview in July said the headphone jack will be removed in the new phones, which are expected to hit stores on Sept. 16.

Last week, Apple sent media invitations for the event on Wednesday, which is presumably being held to announce handsets dubbed the iPhone 7 and 7 Plus, along with a next generation of Apple Watch.

The invite hinted at an iPhone camera upgrade that may include a dual lens module with an added sensor for improved image quality. Apple declined comment.

Multiple online images have also highlighted the absence of an earbud jack on the new device, while the Deutsche Bank review said the removal will allow for a thinner and more water-resistant iPhone.

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metro VIEWS
Your essential daily news
Tuesday, September 6, 2016

METRO POLL

Is Labour Day the real New Year's?

In Canada, as in many parts of the world, we make our new year's resolutions on Jan. 1. But many of us, having been through at least 12 formative years' worth of Sept.-June school calendars, and being conditioned to prepare for the onset of winter, can't help but think of Labour Day weekend as the real turning point in the year. We asked our readers about it.

1 Which is the more important 'new beginning' in your life — the day after Labour Day or Jan. 1?

2 What excites you most about fall?

62% Hockey/football season is starting
20% Winter is coming
18% School is back in session

3 What bums you out most about fall?

70% Winter is coming
13% Hockey/football season is starting
11% School is back in session
6% Everything

WE ASKED Metro readers

New Year's is a great party but I've always thought of it as the middle of the year.

For Canadians, winter means real life. So fall is the time to get down to business.

They are both arbitrary dates on the calendar.

I hate the winter so so so so much. I just really hate it.

visit metronews.ca
HAVE YOUR SAY

Is Ontario's road-pricing plan HOT? No, it is not

TORY'S TORONTO

Matt Elliott

Here's the good news: Ontario's Ministry of Transportation is sending out permits for new high occupancy toll lanes (HOT lanes) on the QEW.

Starting Sept. 15, the permits will allow drivers travelling alone to pay to use lanes previously reserved for vehicles with passengers.

It's a first step toward putting a price on road and highway use — something many economists have long been advocating as a means of reducing congestion and growing transit ridership.

I'll applaud that.

But here's the bad news: With its HOT lane plan, the provincial government is approaching road pricing with all the timidity of an awkward middle school student asking a classmate to the big homecoming dance.

Let's start with the price. Drivers are being dinged just $60 a month for the right to use these lanes.

That's less than half the price a TTC user pays for a monthly Metropass, and less than what most GO Transit riders spend on fares in a single week.

The low price is made worse because it's an artificial constraint. According to a report by the Globe & Mail, internal government projections suggested there would still be strong demand for permits priced as high as $150 per month.

So why $60? Why forgo potential revenue that could offset some of the subsidy that goes toward roads and drivers in the GTA?

Answers are elusive. But the cost is just one of many arbitrary limitations stuck on this project.

The ministry also limited the number of permits so that just 1,000 drivers will get them. Instead of managing demand by increasing the price — like, you know, capitalism — the recipients were determined through a lottery.

And even though there are 85 kilometres of HOV lanes in the GTA, and a bunch of other highways that could easily be partially or wholly tolled, the HOT permits will apply to just one 16.5-kilometre stretch on the QEW.

Here's the kicker: Instead of embracing road pricing as the new reality in a region with ever-worsening traffic congestion and huge pending public-transit costs, the government is calling this a pilot project. They plan to spend between two and four years evaluating the results of these HOT lanes.

I can't imagine what they think they will uncover. I can't imagine why they need so much time. And I especially can't imagine why they think the GTA needs such specialized consideration when toll roads are used all over the world.

But here we are. Years of reports and expert recommendations on strategies to pay for transit and manage road congestion have led the GTA to this: a tiny, almost imperceptible step toward limited road pricing. We're moving, but at a speed so slow I'm not convinced we'll ever get anywhere.

Matt Elliott lives and writes in Toronto. Follow him on Twitter @GraphicMatt

ROSEMARY WESTWOOD

Remote property listings offer an alluring fantasy of fair value

My brother's new(ish) home in Vancouver is not what I, growing up, imagined you'd call a million-dollar home. But of course, in today's market, it's worth even more than that.

It is lovely. A big open kitchen overlooking the two apple trees and rose bushes, a full suite to rent out in the basement, intricately detailed wood floors and enough room for his little family.

But it's really a lovely average home, at the average — and yet astounding — price of real estate in this city.

Sure, we're almost getting used to these price tags (or hearing about them, anyway), but astronomical real estate costs have also spawned a new pastime: contemplating the amazing deals that can be found, if only you'd agree to radical relocation. Even those, like me, who couldn't afford a shed in Flin Flon, can't resist the click.

Instead of shucking out an average $710,000 for a home in Toronto, for example, you could spend a fraction of that — just $135,000 — for a historic 100-year-old two-bedroom cottage on 3.47 acres in P.E.I., a short stroll to the fishing harbour and beaches.

Can't you just imagine yourself playing bocce ball on that rolling green lawn, and plodding barefoot in the morning over that worn, buttery old wooden floor to pour your first cup of coffee? You could literally own this home for less than a "conventional" 20 per cent down payment in Toronto.

Even that medieval castle in England for $2.48 million seems a like steal, given that average home prices in Vancouver are only about half that right now.

Actually, that castle is about the same cost as a run-down, three-bedroom, two-bathroom home in Vancouver, on a meagre 33-foot lot (though it does have ocean views).

Compare that to the view of your own personal 14.5 acres from the ancient windows of your literal castle, which has, naturally, eight bedrooms, seven bathrooms, and, of course, a moat.

Let's be clear: Unlike the Vancouver house, we're not talking tear-down. We're talking sprawling stone walkways, beamed ceilings, sprawling gardens, and a soaker-tub set in the old turret.

Never has the New York Times "What you can get for..." real estate feature seemed more appealing than now, when that $740,000 you might dream of paying for a home in Toronto's Corso Italia gets you a mid-century, three-bedroom, three-bathroom open-concept mid-century home on Lake Champlain in Vermont.

You've always wanted lakefront property right? That three-storey peaked ceiling with large, lazy fans hanging down? That whole wall of floor-to-ceiling windows? That wide, sun-soaked deck?

Maybe you could even get a sailboat ...

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Fashion police: 800 shops shut down in Iran for selling "inappropriate" clothing

Parents face the 'dreaded September'

MENTAL HEALTH

Families grieve when millennials fly the nest, finally

Genna Buck
Metro Canada

This week, Tony and Lorelei Woolridge waved goodbye at the same spot in the St. John's, Nfld. airport where they've shed tears nearly every September for the past eight years. Lorelei calls it "the escalator that takes my children away."

Her daughter Julie, 25, was the first to go, at age 17, on a soccer scholarship to Farleigh Dickerson University in New Jersey. Then her oldest, Erin, 28, left to study naturopathy in Toronto. Finally, Carolyn, 21, went to Acadia University in Nova Scotia. She just headed back for her fourth year. That was the hardest.

"This time I was just sobbing," Lorelei Woolridge said.

Despite all the talk of millennials being too attached to their parents, most do eventually fly the nest. And when those close bonds are finally tested by distance, parents are often surprised by the depth of their sadness.

Tony Woolridge knows the feeling. Though he's immensely proud of his successful, independent kids, he said he's "miserable" the first week without them. "Both of us are not really fit to speak," he said.

"We both miss them, but I worry about the little things more," he said. His recent concern is Erin, who has been looking for an apartment: "If there's something that a dad should do, and I'm not there to do it, that frustrates me. If she was home moving from one apartment to the next, I could get a truck and move her."

For new empty-nesters, "Distress can be severe, not unlike the experiences of those going through the stages of grief and mourning," consumer studies professor Carolyn Curasi wrote in a 2013 study of Irish, English and American mothers. Some participants even reported needing antidepressants and sleeping pills to get through the upheaval.

> **If there's something that a dad should do, and I'm not there to do it, that frustrates me**
> Tony Woolridge

Nicole Mills, a single parent from Mississauga, Ont., is well acquainted with the grieving process. She refers to the drive to Laurentian University in Sudbury with her daughter Jada, 19, as "the dreaded September."

"The void is quite big. Not seeing her shoes at the door can be rough," Mills said. "This year she asked me not to cry. Well, that didn't go over too well. But I don't believe I was as bad as I was the first year."

Mills, too, wants to be there for little things Jada needs. She'd like to cook meals so her daughter could concentrate on her second-year biology and psychology courses, and her goal of getting into veterinary college.

"If I could impart anything to other parents: As long as you know you've raised your child with basic life skills and confidence, they will move mountains," Mills said.

As a mother who has been through the process three times, Lorelei Woolridge advises bereft parents to stay connected on FaceTime and Skype. It's how she coped with the "emotionally destroying" impact of being apart from her girls for special occasions like Julie's engagement.

And it helped to spend those difficult first few days after saying goodbye at a cottage with her husband and extended family. It "was like medicine," she said.

Nicole Mills struggles — and cries — every September when she helps her daughter Jada, 19, pack up and head out on the drive from Toronto back to Laurentian University, five hours north in Sudbury, Ont. CONTRIBUTED

"My sisters-in-law came put their arms around me and gave me a hug and said, 'How are you doing, are you alright?' And they tell me, 'We're going to take care of you and get this off your mind.' They're recognizing the loss too. It is a loss."

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Every person has a savings strength

ADVICE

Discover what you excel at to make money in the long term

Gail Vaz-Oxlade
For Metro Canada

So often when the talk turns to money, people avert their eyes or scuff their toes against the ground, bashful to even get into the conversation. Not surprising really, since when the talk turns to money, most often it's about what we're doing wrong.

Here's the thing: you can't be doing it all wrong. You just can't. And so maybe what you need to do to open up the conversation with yourself (your partner, your best friend, your sister-in-law) is to focus on what you're doing right.

I'm good at discipline. I may hate collecting receipts and writing down everything I spend, but I do it. I may hate having to post all those spending-journal entries into my monthly budget, but I do it. I may hate picking up the telephone and making the call to get a fee adjusted or a service charge removed, but I do it!

Knowing what you're good at is a great place to start when you're trying to figure out how to make things work better with both your money and your life.

Let's say you're really good at finding a bargain, but you're not so hot on the pay-yourself-first savings approach. It doesn't matter that you pay yourself first and the money is whipped away to an account, if by the end of the month you've had to transfer that money back because something cropped up and you need the "savings" to stay even in your account.

Okay, let's take your strength and turn it to the problem with your savings. Sure, you're great at spotting a bargain and shopping smart. But if you never realize the savings ... if you never take that money out of your wallet and put it somewhere you can't spend it ... you actually haven't saved a thing.

When it comes to finances, **focus on what you're doing right.** Ask yourself, are you good at: Getting the best deals? Making your own stuff or fixing things? Sharing what you have with others? Keeping track of your money? Finding the highest return on your savings account? ISTOCK

So now you're going to use your smart shopping as your springboard to save. Open up a savings account called "Smart Shopping" and every time you save so much as a nickel by shopping smart, save that money (perhaps in a jar at home first until you've accumulated $10) by moving it to your Smart Shopping account. Now every time you look at your balance, you'll have an ongoing running total of your brilliance.

The point is that most often you need to find the motivation to do things differently.

Use a strength to pull your areas of weakness into the sunlight and eventually overcome them. Knowing what you're doing right and moving from strength to strength makes way more sense than always beating yourself up for what you've been doing wrong.

DATING ADVICE

When splitting costs equally isn't fair

Sofi Papamarko
For Torstar News Service

I ask matchmaking clients personal questions. Sometimes, they're uncomfortably personal. But there's one personal question I'll never ask because it's none of my business: what's in their bank account.

This rule has gotten me off the hook more than a few times. Like when a female matchmaking client requests to be matched with a man who pulls in no less than a six-figure salary. Or when a male matchmaking client expresses his discomfort at the mere thought of dating somebody who makes more money than him.

In such cases, I heave a mighty inward sigh and say: "Sorry, I don't ask clients about their income."

Money does matter, but personal finances should not be a factor in the search for lifelong companionship. Jobs come and go, careers are often in transition, smart (and/or terrible) financial decisions can sometimes be made. What's important is how you and your partner handle your finances as a team through life's inevitable ebbs and flows.

When Amanda Scriver first made the leap from 9-to-5er to freelance writer, her partner Simon Gilbert supported her emotionally and financially (Gilbert has steady work as a café manager). A somewhat awkward period of adjustment followed.

When Scriver first started her freelance business, she had the foresight to meet with financial planner Shannon Lee Simmons of the New School of Finance. "(Simmons) really helped me set goals for myself," Scriver says. Simmons recommends talking openly and honestly as a couple about pressing financial matters.

"There's nothing worse that a giant money elephant in the room," Simmons says. "It leads to frustrations and resentment on all sides."

She suggests creating a budget together and sharing your fixed costs equitably, not equally.

"Figure out the equitable share by dividing each partner's take-home income by the monthly household take-home income. That should be the percentage that they contribute to shared household expenses," she says.

"Make a plan together that makes everyone feel heard and appreciated. It takes two to be financially fabulous," says Simmons, who offers a bestselling online financial course for couples titled Budget With Your Boo.

Amanda Scriver and Simon Gilbert have disparate incomes. Currently, Gilbert's job as a manager at Boxcar Social café allows Scriver to be a freelance writer. NAKITA KRUCKER/TORSTAR NEWS SERVICE

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Why women aren't wearing bras

STYLE

Fashion and feminism collide in latest trend

In ancient Greece, women wrapped bands of linen across their chests. In the 1500s and beyond, restrictive corsets were commonplace among the higher classes of Western society. In 1914, American socialite Mary Phelps Jacob patented the first modern brassiere.

Since then, there have been bullet bras and WonderBras and sports bras and the "world's sexiest bras," as Victoria's Secret claims, and all sorts of padded and plunging and push-up varieties. But in summer 2016, many women decided to ditch them all.

Across the pond, the Evening Standard declared "Free the Nipple" was this summer's biggest fashion trend, though not always tied to the feminist equality movement of the same name.

Celebrities like Kardashian-sister-turned-model Kendall Jenner have made headlines for going bra-free — in her case, following a blog post where she wrote, "I really don't see what the big deal is with going braless."

Plenty of Toronto women agree. Some cite fashion, others feminism, and many just basic comfort. Whatever the reason, it's a clear rejection of the push-up bras and uniform silhouettes long peddled by lingerie retailers.

"The pendulum is swinging the other way," says Catherine Hundleby, a professor of women and gender studies at the University of Windsor. "Many women, mainly small-breasted women, are enjoying a freedom."

(From left to right) Dayna Armstrong, Laura Beeston, Nekesa Mbadiwe, Britt Caron and Bora Meraj are embracing the bra-free trend. MELISSA RENWICK/TORONTO STAR

That's the case for Britt Caron, a child and youth worker in Toronto. A self-described small-chested woman, she wore padded bras when she was younger, but now, at 27, skips wearing a bra as often as possible for comfort reasons. "I'm a feminist, and a big fem-activist, and I believe women can do whatever they want, and should do whatever they want," Caron adds. "I don't believe women should feel pressure one way or the other."

During conversations of bra-free comfort, feminism is sometimes the undercurrent. Hundleby says the trend is rejecting uniformity in the fashion world — that women should all dress the same way, and wear the same bras. "Men aren't expected to hide their nipples, but women are expected to hide our nipples," she adds. "This is a response to that, fashionwise."

> **"I don't believe women should feel pressure one way or the other**
> Britt Caron

The shift has also led to a rise in interest in 'bralettes,' a padding- and underwire-free option found at retailers like Aerie, the American Eagle Outfitters-owned lingerie company known for its unretouched models. Google Trends shows interest in bralettes has been on the upswing since summer 2014, and peaked in July 2016. After promoting cleavage-boosting bras for years, even Victoria's Secret has dubbed bralettes as "sexy," according to one of their 2016 ad campaigns. (The company is still the clear industry leader, controlling more than 60 per cent of the U.S. lingerie market, but its sales are down, says the Wall Street Journal.

This change in consumer demand is happening against the backdrop of France's burkini ban and ongoing hurdles facing mothers trying to breastfeed in public. And it's creating a striking contrast: While many women around the world are policed for their clothing choices, others have the comparative freedom to go bra-free and, in the case of celebrities like Kendall Jenner, flaunt nipple piercings publicly.

That's raising eyebrows among some feminists. Jean Golden, a professor of sociology at Ryerson University, says the bra-free trend isn't a substantive feminist issue, or a political movement. "It's a personal choice, especially for young women, framed by the hyper-sexualized media portrayal of young women's bodies," she says. "It does not address systemic sexism. It could be argued it feeds into it."

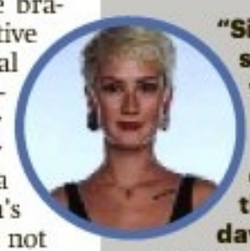
TORSTAR NEWS SERVICE

QUOTED

"I didn't realize how constricting bras are until I stopped wearing them."
Nekesa Mbadiwe, 21, freelance writer

"For me, it's about being comfortable, and liking how I look. I think if you want to wear a bra, that's great. If you don't, you don't."
Dayna Armstrong, 26, floral designer

"I like the shape of my breasts. You put on a bra, and it's too round, too perfect. It doesn't look like that."
Bora Meraj, 26, bookstore employee



"Since I've stopped wearing bras, when I do wear one, I can barely get through the day."
Britt Caron, 27, child and youth worker

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Kids strive to be picture perfect on Snapshots

PHOTOGRAPHY

New CBC show helps young shutterbugs hone skills

Sara Lake usually reaches for her tablet, a Polaroid or her dad's phone to capture images, but her recent use of a fancier conventional camera offered a whole new lens into the world of photography.

"(It has) more zooming effects, so it makes everything look way more clear," said the bubbly 10-year-old. "Sometimes it's hard to zoom in, or when you press the button and sometimes it doesn't click properly," she admitted. "It's difficult, sometimes, but it's really fun." Sara is one of several young shutterbugs getting a hands-on education on the finer points of photography on the CBC-TV children's series Snapshots, which premieres Saturday. Each episode sees three youngsters take part in photography challenges aimed at fostering competition, developing their skills of the craft and showcasing their knack for creativity.

Mentors are present to offer guidance to competitors on how to adjust their cameras or position their bodies to capture the ideal images.

Photography experts later judge from among their best photos. Meanwhile, a companion website (www.cbc.ca/kidscbc2) will allow kids across Canada to compete in a digital spin-off contest based on the challenges featured in the show.

> **Kids on this show love photography and love an opportunity to learn about it and showcase their skills to other people.**
> Snapshots host Dalmar Abuzeid

"The kids that are on this show love photography and love an opportunity to learn about it and showcase their skills to other people," said Snapshots host Dalmar Abuzeid. "They're able to talk about what they like about their shots. They're able to talk with their peers. They're able to talk with their mentors. I think that's so important, and I think that really shows with the quality of the pictures that the kids take."

Fellow Snapshots contestants Kayla St. Ange and Brayden Williams, both aged nine, each make use of their tablets for photos. Kayla said she likes to snap images of graffiti and the sea, while Brayden's vast range of photo subjects includes sunsets, sports and animals.

Both said they've gained valuable skills through participating in the photo competition series.

"I've learned how to do a proper angle because the mentor taught us a lot about that," said Kayla, who said the key is to move to a lower position to find a "nice one." Added Brayden: "I've learned how to get the full body in (to a shot), and I've learned landscaping, which is (shooting) horizontally, and I use portrait, which is (shooting) vertically."

Abuzeid said he's picked up a few photography pointers as well, such as the different aspects of backlighting and focusing images. He also marvelled at the ability of the youngsters to receive criticism of their work.

"If I was eight or nine and I was getting critiqued on my work ... I don't know if I'd be able to take in that information and apply it, but I think the kids on this show are really listening. "When they hear they need to incorporate more light into their photos, I feel like they're going home and they're taking those notes." THE CANADIAN PRESS

Snapshots host Dalmar Abuzeid, centre, is seen with series contestants, left to right, Luke Bianco, Simone Miller, Tristan Ly and Sara Lake. THE CANADIAN PRESS/CBC HANDOUT

JOHANNA SCHNELLER
WHAT I'M WATCHING

Sci-fi drama Zoo throws up some comedic gold

In Zoo, character Mitch, the world's leading (um, only) veterinary pathologist, says things like, "I'm going to introduce seven genome fossils into his DNA." CONTRIBUTED

THE SHOW: Zoo, Season 2, Episode 11 (CTV)
THE MOMENT: "It's complicated."

Animals are killing humans in coordinated attacks. Evil General Davies (Peter Outerbridge) wants to release TX gas worldwide to kill them all. But a rogue unit — zoologists, soldiers, a reporter and a politico, who are circling the globe on a two-story, tricked-out plane — is working against the clock on an alternate plan.

"Why does Davies think you have the TX gas formula?" zoologist Jackson (James Wolk), panting, asks his long-lost scientist father Robert (Ken Olin).

"Because I created TX," Robert answers, panting. "You want to kill all the animals and 2.2 million people?" Jackson pants. "It's complicated," Robert pants.

Is it ever. I would love to be in the writers' room, because clearly, anything goes. "Hey, let's use electrified ants as a defibrillator!" "Great! How about if everyone inexplicably goes to Helsinki and a reindeer herd runs over a car?" "Only if Davies releases a rampaging gorilla in the Russian embassy!"

Team boss Mitch, the world's leading (um, only) veterinary pathologist, who says things like, "I'm going to introduce seven genome fossils into his DNA," is a cynical misanthrope. Naturally two rebels are hopelessly in love with him: politico Allison (Joanne Kelly), who wears pencil skirts as loungewear; and reporter Jamie (Kristen Connolly), who puts her head in her hands and sighs a lot (that trait is accurate).

Despite their animal problem, they apparently have solved the fossil fuel problem, because the plane never stops. Episode 12 heads to the mysterious island of Pangea, where (extinct) sabretooth cats roam. I can't wait.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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YOU CAN DO THIS HAIRSTYLIST/BARBER

'Hairstyling is an art form'

WHY I LIKE MY JOB

Sargon Daved, 28, Senior Stylist at Salon Mirage & Spa in Hamilton, Ont.

As a child, I preferred playing 'salon' to 'house.'

I always knew I wanted to do something creative professionally, but I didn't know where to start. At first I pursued fashion design; however, I soon learned that the profession didn't favour my social style. My entire day was spent with a sewing machine, and although it might be for some people, it wasn't for me. That's when I decided to sign up with Marvel Beauty Schools for hairstyling.

It was an intensive, 10-month program that taught me everything from short cuts to wig and hair enhancements. I knew I was cut out for the industry when I accepted my first full-time job and watched in amazement as my book of clients began to expand.

For this, I thank my gift of the gab. If there wasn't a social aspect to my job, I don't know how I'd function.

Hairstyling is an art form. I love giving my clients advice about their hair, and often joke that their self-confidence is in my hands.

In a way, I'm in control of how they feel about themselves — and despite the pressure, it motivates me to ensure each client walks away feeling confident and fabulous.

See more of Sargon Daved's hairstyle creations on Instagram, @sargon.daved. CONTRIBUTED/INSTAGRAM

HOW TO START

Generally, an apprentice must accumulate approximately 3,500 hours of on-the-job and in-school training to be considered competent in the trade. This can take up to two years; however, most trade programs administer training within a public salon to give students direct access to clients.

Typical courses can include client service, cutting and styling, colouring, chemical hair relaxing and salon operations.

After completing the mandated work hours, graduates are eligible to write the interprovincial journey-person examination to be recognized as certified specialists in the trade.

WHERE YOU CAN GO

With the exception of buzz-cutting robots, advanced technology likely won't replace the need for trained hairstylists or barbers. In fact, most clients seek personal connections and trusting relationships with their stylists.

Job prospects are particularly promising for barbers, colour technicians and aspiring salon managers.

Those seeking management-level positions may require additional schooling in business, marketing, salon design and accounting fundamentals.

THE BASICS: Hairstylist/Barber

$28,750

Median annual salary for an entry-level hairstylist or barber. Experienced stylists can expect to earn an average salary of **$42,500.**

+12%

Projected job growth rate over the next 8 years

Data for this feature was provided by payscale.com, jobbank.gc.ca, academycanada.com and onetonline.org.

4 THINGS OTHER THAN BOOKS TO CHECK OUT AT THE LIBRARY

As a modern font of knowledge, the Toronto Public Library has been beefing up its collection of all sorts of lendables. Here are some of the amazing options.

TORSTAR NEWS SERVICE

1 Museum pass

Your library card is also a ticket to some of the biggest museums and cultural destinations in the city, thanks to the Sun Life Museum and Art Pass. Each week, every library branch releases a number of passes, including for the Toronto Zoo, the Aga Khan Museum and the Ontario Science Centre.

2 Guitars and other instruments

You can check out instruments from the Parkdale branch for up to nine weeks. As well, anyone can learn how to play guitar with help from Lynda.com. The database of thousands of tutorial videos, from web design to Excel lessons, can be accessed from any computer using your library card.

3 Internet

Since June, more than 200 library users have been able to check out portable Wi-Fi hotspots for six-month stints as part of a pilot program.

4 Vinyl

You can't take them home, but the library has more than 15,000 LPs on the 5th floor of the Reference Library at 789 Yonge St. The library has started buying vinyl again for its collection, with a focus on the Toronto music scene.

LEARNING CURVE

Part-time studies a priority

Whether you are looking to advance your career, enter a new area of your field, launch a totally new career or take a general interest course, Centennial College is the place to do so, says the acting chair for the school's centre for part-time learning, Colleen Booth.

"The college is recognized for, among other things, our ability to make our programs student-centered," says Booth. "We are all about giving students practical knowledge and experience."

Centennial's commitment to part-time learning, adds Booth, has resulted in a range of new offerings for the fall 2016 semester. Among these are courses as diverse as social media, court transcription, athletic taping for orthopedic conditions, wine appreciation, healthy baking arts, songwriting, and photography and image processing. Centennial is also launching new part-time programs such as public relations, content creation, interactive and digital media, and inclusive leadership practices.

"I think the new offerings demonstrate the investment we make in part-time learners and the communities we serve, as well as our involvement in the community to understand what knowledge people are seeking," says Booth. "We have a desire to be innovative with our offerings."

Depending on their area of study and whether they want to attend classes during the evenings and weekends or at an accelerated pace, part-time students study at one of Centennial College's four fully-equipped campuses or one of its satellite locations. Also offered are online and blended delivery options.

"We have specialized campuses that have all the tools students need during their program," says Booth. "For example, Progress Campus houses a new facility that is home to the School of Hospitality, Tourism and Culinary Arts where part-time learners learn in interactive classrooms and state-of-the-art culinary labs."

Booth advises that those interested in part-time learning at Centennial College explore what they want to achieve by speaking with their employer or human resources department, networking and coming in to meet with advisors at the college.

CONTRIBUTED

"We are more than happy to help people identify what it is they may be looking for," she says. "We want to provide programs for people to keep progressing in their professional and personal lives."

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Centennial College's Part Time Learning Programs give you the knowledge, and the tools to advance in your career.

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Program benefits newcomers

Having worked in human resources for more than 10 years in China, with experience in the United States and work with Fortune 500 companies such as IMB and AIG, Diana Jing Zhou believed she was professionally equipped to enter the Canadian job market. But when her search didn't yield the results she expected, Jing Zhou decided to partake in the federally-funded Occupation-Specific Language Training (OSLT) program.

"I attended a conference where, luckily, I came across the OSLT program," says Jing Zhou, who completed the 180-hour course in August and got a job in her field just two weeks later. "I am convinced that newcomers to Canada and Canada itself can only benefit from this program. It gives one a clear guideline to follow in searching for that first important position as well as the cultural and language skills to support it."

Offered at no cost thanks to funding from Immigration, Refugees and Citizenship Canada, the program accepts participants who are permanent residents or protected persons and have training or experience in a specific occupation or sector. It is facilitated at 13 colleges across Ontario, including six in the Greater Toronto Area, and focuses on dialogue and communication tasks commonly performed on the job in particular fields, sectors and more than 30 occupations.

"I personally gained great confidence by participating in this course, where I got lots of support, encouragement and energy from both the instructor and classmates," says Jing Zhou, who completed OSLT business — project management at Humber College. "The instructor understood very well what we needed as an adult learners, creating lots of opportunities for interaction and experience sharing."

CONTRIBUTED

In addition to career-specific language skills, Jing Zhou says the program offers in-depth knowledge of Canadian workplace culture, prepares students for job searches and interviews, and enhances networking abilities, as students attend class with peers who are also in their field.

"Especially for newcomers, it is a wonderful way to build up our network in Canada," she says. "Now, I have a good circle of friends caring about me and supporting me, and I feel great about it."

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If you want to make a difference by working one-on-one with those who are experiencing mental health and/or substance abuse issues, the career of an addictions and community services worker may be more up your alley.

If you're looking for hands-on, massage therapy is an important facet within the health care field, and a job where you may naturally develop long-term bonds and trust with clients.

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metro SPORTS

Soccer star Megan Rapinoe knelt for the national anthem Sunday before the Seattle Reign's game "in a little nod" to 49ers QB Colin Kaepernick

CFL TICATS DENY ARGOS ON LABOUR DAY Argonauts wide receiver Kevin Elliott reaches for the goal-line as he's tackled by the Tiger-Cats' Courtney Stephen in Hamilton on Monday. The Ticats won 49-36. PETER POWER/THE CANADIAN PRESS

Yankees dish out knuckle sandwich

BLUE JAYS

Bronx Bombers send Dickey to showers after four innings

Given a quick lead, R.A. Dickey relinquished it in all of three pitches.

Jacoby Ellsbury overcame a first-inning deficit with a two-run homer, then added an RBI single against the knuckleballer to lead the New York Yankees over the Toronto Blue Jays 5-3 Monday.

"I had a lot of movement on it," Dickey said of his knuckler. "Sometimes this game's a matter of centimetres, you know, one that gets off the barrel, doesn't get off the barrel and it's popped out to right field."

Jose Bautista was thrown out twice on the basepaths for the AL East-leading Blue Jays (77-60), who remained one game ahead of Boston.

Toronto had been 9-3 against the Yankees this year, winning seven of the prior eight match-ups, and the Blue Jays needed only seven pitches to jump in front when Devon Travis doubled and Bautista singled, both on 0-2 counts.

But Brett Gardner took a strike in the bottom half and singled, and Ellsbury drove a high knuckler over the right-field short porch for his seventh home run.

Yankees third baseman Chase Headley tags out the Blue Jays' Jose Bautista in New York City, Monday. KATHY WILLENS/THE ASSOCIATED PRESS

MONDAY In New York

5	3
YANKEES	BLUE JAYS

Ellsbury added an RBI single in the third, and rookie Travis Austin hit his second double of the game in the fourth, a drive off the wall in left-centre that drove in two runs for a 5-1 lead.

"I thought he was a little inconsistent with the knuckleball today," Blue Jays manager John Gibbons said.

Dickey (9-14) gave up five runs and seven hits in four innings on a blustery afternoon, his second shortest start this season. He is 0-6 in his last nine starts at Yankee Stadium.

Masahiro Tanaka (12-4) won his fifth straight decision, allowing two runs and seven hits in 6-1/3 innings. He left after a leadoff walk and a fly ball by pinch hitter Dioner Navarro that six-foot-seven Aaron Judge caught against the top of the right-field wall.

Jonathan Holder got an out but walked his next two batters. Edwin Encarnacion hit a two-run, opposite-field single to right off Ben Heller for his third hit, and Tommy Layne retired pinch hitter Russell Martin on a looping ball to second baseman Starlin Castro. THE ASSOCIATED PRESS

0

Reliever Joaquin Benoit pitched a scoreless eighth and has thrown 16-1/3 shutout innings with 16 strikeouts since Toronto acquired him from Seattle on July 26.

U.S. OPEN

Serena takes lead in Slam match wins

Serena Williams surpassed Roger Federer for most Grand Slam match victories in tennis' Open era with No. 308, a 6-2, 6-3 win over Yaroslava Shvedova on Monday to reach the U.S. Open quarter-finals.

Williams is 308-42 at major tournaments, a .906 winning percentage, and is now three more wins from her 23rd Grand Slam singles title, which would break a tie with Steffi Graf for the most in the Open era.

Williams next faces No. 5 Simona Halep. THE ASSOCIATED PRESS

IN BRIEF

Leafs goalie drops out of World Cup of Hockey

Frederik Andersen's World Cup of Hockey is over before it even started.

The new goalie for the Maple Leafs was hurt Friday at a pre-Olympic qualifying event representing Denmark in a loss to Slovenia; he was hit by his own back-checking teammate.

TORSTAR NEWS SERVICE

Shoemaker has surgery to stop bleeding on brain

Los Angeles Angels pitcher Matt Shoemaker underwent surgery to stop bleeding on his brain after he was struck in the head by a line drive against the Seattle Mariners.

He had the procedure performed Sunday, a day after he was hit by a ball with an exit velocity of 105 m.p.h. THE ASSOCIATED PRESS

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From awestruck to just plain awesome

RIO2016

Quebec's Rivard eyes medals 4 years after breakout

Aurelie Rivard describes herself as a totally different person in the four years since her Paralympic debut.

Now 20 years old, the St-Jean-sur-Richelieu, Que., native enters the Rio de Janeiro Games as a favourite in the pool.

"When I was in London, I was only 16 years old, I was a kid, I didn't know what to expect," Rivard said prior to leaving for Brazil. "I was going there like totally clueless, I was so impressed by everything, so amazed, I was just there to get some experience.

"Now I'm kind of the girl to beat. It adds a little bit of pressure as well, but I really just want to go there and have the best swim meet of my life and hopefully bring medals home."

Rivard has developed into one of the best para-swimmers in the world since the 2012 London Games. She claimed five medals at the 2013 world championships in Montreal and collected a bronze at the 2014 Commonwealth Games. Last summer she won two gold and four total medals at the world championships, breaking Canadian records in the 50- and 400-metre freestyles.

Another aspect working for Aurelie Rivard is that she swims faster at the end of the summer. STEVE RUSSELL/TORSTAR NEWS SERVICE

Rivard topped off her impressive 2015 with six gold and one silver at the Parapan Am Games in Toronto, which included a world record time of 59.17 seconds in the S-10 100 freestyle final.

Rivard took silver in the 400 freestyle in London and said she has learned to trust herself and have more self-confidence since.

"I used to be a little girl, super tiny and shy and so impressed by the whole world," Rivard said. "I thought everybody was better than me and everybody believed in me but me."

Canadian para-swimming head coach Craig McCord sees a different maturity and confidence in his young prodigy. He remembers a girl from when they first met in 2010 that "if you said boo to her, she would have cried."

Not anymore.

"I have full confidence that she will rise to the occasion when the chips are down here as we head into Rio," McCord said. "She's got her work cut out but I'm more than confident of her."

GETTY IMAGES

Veteran para-swimmer Benoit Huot, who will be competing in his fifth Paralympics in Rio, also has high hopes for Rivard.

"Hopefully she'll be around for the next 10 years and she's going to have an amazing Games, I'm positive," Huot said.

Rivard, who has an impairment with her left hand, has set a goal of beating all her personal records in Rio. The majority of those records were set at the Parapans in 2015.

THE CANADIAN PRESS

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RECIPE Mini Turkey Meatloaves

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

There is so much to love about these wee meatloaves from their healthy mixture of ground turkey, oats and veggies to the fact they pack up nicely in the freezer.

Ready in 1 hour
Prep time: 15 minutes
Cook time: 45 minutes
Serves 4

Ingredients
- 1 glug of olive oil
- 1/3 cup onion, diced on the fine side
- 1/3 cup celery, diced small
- 1/3 cup carrot, peeled, diced small
- 1 tsp fennel seeds
- 1/2 cup of rolled oats
- 1 1/2 pound of ground turkey
- 1/4 cup ketchup
- 1 egg
- 1/4 cup Parmesan, grated
- 2 Tbsp ketchup
- 1 tsp Worcestershire sauce

Directions

1. Preheat oven to 375 degrees F. Warm olive oil in pan over medium heat. Add vegetables and the fennel seeds and allow to soften, 3 to 5 minutes. Remove from the heat and allow to cool a bit.

2. In a large mixing bowl, combine meat, oats, ketchup, sautéed vegetables, cheese and egg. Mix with clean hands or a fork. Use a 1/3 cup measure to scoop mixture and put it in muffin tin.

3. In a small bowl, mix 2 Tbsp of ketchup and 1 tsp of Worcestershire sauce. Use a small spoon to smear glaze over mini meatloaves. Pop in oven 40 minutes. The internal temperature for meatloaf should be 160 to 165 degrees F.

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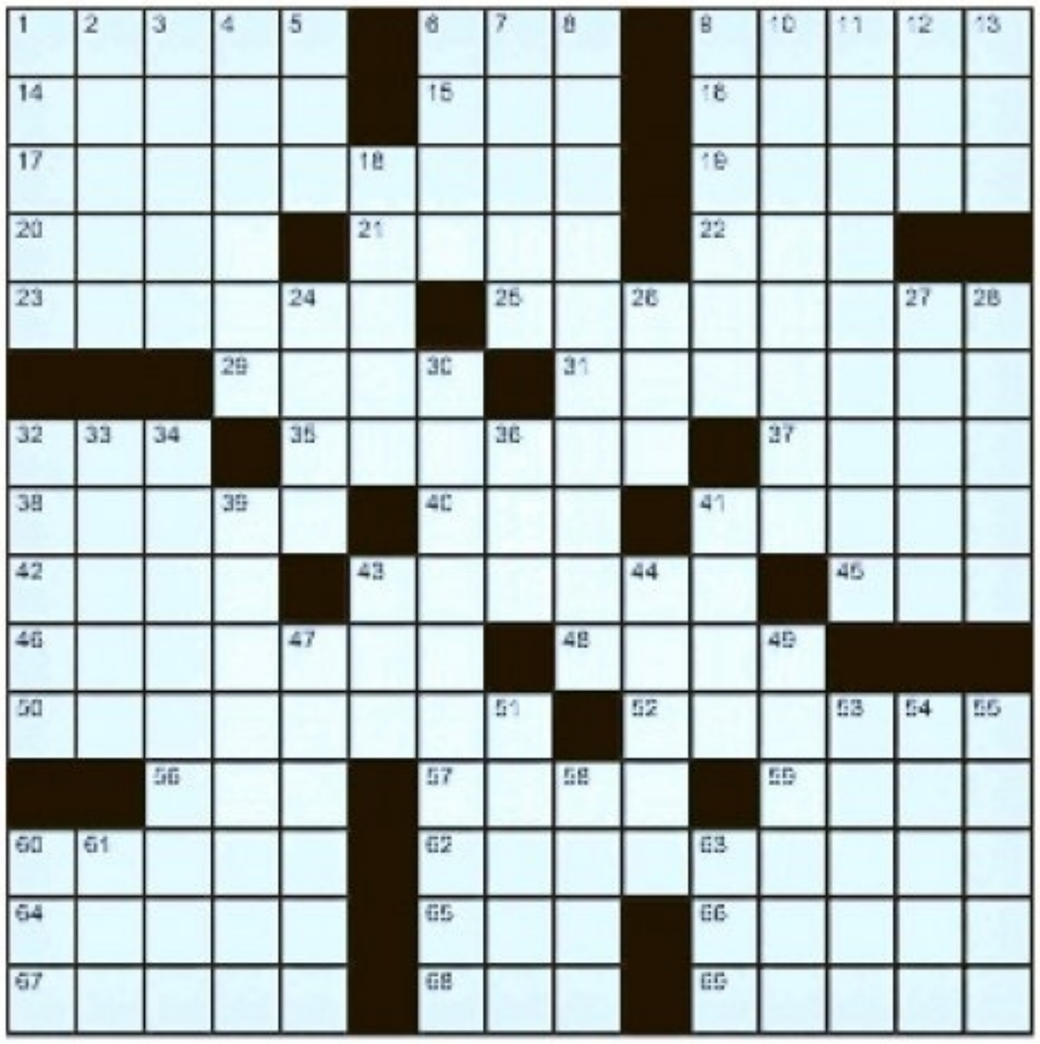
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Trudges
6. Samantha _? (2007 to 2009 comedy series starring Christina Applegate)
9. He was a Titan
14. Ms. Linney
15. Poetic occurrence
16. Jokes-filled celebrity tribute
17. Mindful/considerate
19. Devil
20. Computers: Prefix to 'byte'
21. Like _ _ not...
22. Notes _ _ Scandal (2006)
23. Excused from
25. Nonchalantly
29. Water bird
31. BC: _ Mountains Provincial Park
32. Unhappy
35. Actually
37. Reclined
38. Prefix to 'comedy' (Theatrical genre)
40. Also
41. "So _ _ a song of love, Julia." - The Beatles
42. "The Simpsons" bus driver
43. _-_ Clan (Hip-Hop group)
45. 'Legal' suffix
46. More churned
48. Bagpiper's outfit piece
50. Dutch painter, Piet _ (b.1872 - d.1944)
52. Defends
56. Crete's country, curtly
57. Rich
59. Don Juan type
60. Electric shavers name
62. Thankfulness
64. Thicket
65. Request
66. Shock weapon
67. Second-year students, briefly
68. Observe
69. Skirt alternative

DOWN
1. _ glass windows
2. Disposable gloves material
3. Off-the-wall
4. Imagined
5. _ Antonio, Texas
6. Speck
7. Mayhem
8. Part of organist The Phantom's attire: 2 wds.
9. Zeal
10. They're part of a mani-pedi spa treatment
11. Vacation destination in the Charlevoix region of Quebec that's home to the Fairmont Le Manoir Richelieu resort (TRIVIA! 1909 to 1913 US President William H. Taft owned a place there): 2 wds.
12. Mount _ (Volcano of Japan)
13. RR depot
18. Book's name, en francais
24. Ms. Gilpin of Frasier
26. Pronounce
27. Butcher offerings
28. Toronto's long street
30. Energy source found deep within sedimentary rock layers: 2 wds.
32. Wild whack of weather
33. Star Wars: _-Detoo
34. Tinder, e.g.: 2 wds.
36. Hollywood workplace
39. 1970 Neil Young album: 'After the _ _'
41. 'Snow house' in Inuktitut
43. Dynasty of China
44. 'N' of SNL
47. Singer Ms. Cara's
49. Seafood side serving, _ sauce
51. _ back to health
53. Inspire with spirit
54. Fellows
55. Clairvoyants
58. Objective/reason
60. Ancient yrs.
61. Pal of Tigger
63. "_ better be!"

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is an excellent day to introduce reforms and improvements at work. Don't hesitate to make a suggestion. You might even see ways to improve your own health.

Taurus April 21 - May 21
You have a lot of energy to play, as well as to approach creative projects. Some of you might attract a powerful person in a romantic situation. An interesting day!

Gemini May 22 - June 21
Family discussions will be intense. But the intention will be to try to improve something at home, especially in areas related to bathrooms, laundry, recycling and plumbing

Cancer June 22 - July 23
You are very convincing today! This is a powerful day for those of you who sell, market, teach, act or write for a living. Nobody stands a chance against you!

Leo July 24 - Aug. 23
You might see new ways to earn money today. You also might see new uses or applications for something that you already own.

Virgo Aug. 24 - Sept. 23
Take a realistic look in the mirror today and ask yourself what you can do to improve your image. (You never get a second chance to make a first impression.)

Libra Sept. 24 - Oct. 23
This is an excellent day for research of any kind. You will instinctively go for the jugular and find what you're looking for.

Scorpio Oct. 24 - Nov. 22
If you work with someone today, your combined efforts can introduce improvements or help those who are less fortunate. You might meet someone very powerful.

Sagittarius Nov. 23 - Dec. 21
Be careful in all your dealing with bosses and authority figures, because they will be intense. This is not the day to go out on a limb unless you have done your homework

Capricorn Dec. 22 - Jan. 20
Discussions about politics, religion and racial issues are intense. However, you will start to see something with a fresh eye.

Aquarius Jan. 21 - Feb. 19
Discussions about shared property and debt will be powerful today, but things will be resolved. Keep the faith that you can improve something, even a financial relationship.

Pisces Feb. 20 - March 20
Conversations with partners and close friends are serious today. However, there is a possibility of scrutinizing a relationship with the intention of improving it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	3		7		8		5	
		1				8		
	2						1	
		9	2		4	3		
		7				2		
		8	9		6	1		
	5						4	
		6				5		
	9		1		2		6	

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7	6	3	8	9	5	4	2	1
9	5	2	4	3	7	8	1	6
1	3	8	6	2	9	7	4	5
6	7	4	5	8	1	9	3	2
5	4	6	1	7	8	2	9	3
8	2	7	9	5	3	1	6	4
3	1	9	2	4	6	5	8	7

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